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MARILYN MOMENT
IT'S A BILL ROMANCE WHEN GAGA SINGS FOR CLINTON

{page 11}

WINNIPEG metro®

Monday, October 17, 2011
www.metronews.ca

News worth sharing.

Occupy. Winnipeg

▶ Gisele Saurette-Roch walked through downtown chained to a ball marked with dollar signs and the word "profits" during the Occupy Winnipeg protest on Saturday. More coverage at metronews.ca/winnipeg.

JAMES TURNER/METRO

Link in chain of change

MTS breached privacy: Union

Private cellphone records used to track employee: Head of TEAM

SEAN LEDWICH
WINNIPEG@METRONEWS.CA

"It was very aggressive. Very intimidating, and I've just never seen anything like it. The company ultimately admitted that to do such a thing they would have needed a subpoena." BOB LINSDELL, EXECUTIVE DIRECTOR OF TEAM

The union representing workers for MTS says the phone company illegally used its access to private cellphone records to track down a wayward employee.

The Telecommunications Employees Association of Manitoba (TEAM) says MTS triangulated and accessed private cellphone data after they discovered a worker was not at a job site where he was supposed to be working.

The incident is described in TEAM's latest quarterly newsletter.

Bob Linsdell, executive director for TEAM, said he was at the 2009 meeting with the employee and MTS labour-relations personnel.

"They started off with an extremely aggressive attack on our member," Linsdell said. "There was talk of triangulation, and then it was, 'We've got all your phone records here.... Tell us where you were on this date or we're going to go through every one of these (phone numbers) and find out how these are connected to you.'"

"At that point I said, 'I don't think you can do that,'" said union representative Dee Gillies.

The union told MTS they felt a breach of the Personal Information Protection and Electronic Documents Act had occurred. The act states that cellphone records cannot be accessed without a warrant.

An email from an MTS spokesperson said the company is "not aware of this situation as described in the TEAM union newsletter and therefore, at this time, cannot comment."

It also stressed that MTS does not review customer phone records or locate customers using cellphone towers unless required by law.

In late 2009, MTS's privacy officer decided in the union's favour.

"She acknowledged that, yes, in order to access personal records there should have been a subpoena," Gillies said.

A spokesperson for the Office of the Privacy Commissioner of Canada would not speculate on whether what the union alleges would amount to a violation of the privacy act.

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Former MP Reg Alcock dead at 63

Tributes poured in Friday with the news that Reg Alcock, a federal and provincial politician from Manitoba who once served as Treasury Board president in Paul Martin's cabinet, had died.

Alcock, 63, was also minister responsible for the Canadian Wheat Board and had served in the intergovernmental affairs portfolio. Since he left politics he had been working for the University of Manitoba in the faculty of management.

"He was at the airport on his way I believe to The Pas early this morning and just before he was to get on the plane he collapsed," said Manitoba Liberal Leader Jon Gerrard.

Gerrard said Alcock was rushed to hospital but couldn't be resuscitated. Reports suggested he may have had a heart attack. He stood well over six feet tall and had health problems related to his weight for several years. At one time he weighed more than 400 pounds.

The Winnipeg-born Alcock, who had a master's degree in public administration from Harvard, was first elected as a member of the Manitoba legislature in 1988.

It was during the last surge of Liberal popularity in the province, when Sharon Carstairs led the party to the largest number of seats in recent memory and formed the Official opposition.

THE CANADIAN PRESS

THE CANADIAN PRESS FILE

▶ Reg Alcock

Push for gender-free washrooms

Some transgender people bullied no matter which bathroom they use

Students at some universities on the Prairies are pushing for gender-neutral washrooms for transgendered people who don't feel comfortable having to choose between bathrooms for men or women.

"Not everyone conforms to gender binaries of either male or female," said Ro Mills, a transgender student at the University of Winnipeg.

"I've seen a lot of other people's identities change while here at university and during that transition, even before, it can make going to the washroom really, really difficult or embarrassing."

Gender-neutral washrooms are still a relative rarity. The University of Western Ontario in London converted some bathrooms for the disabled to gender-neutral ones in 2008. The University of Victoria and McGill University in Montreal both have at least one gender-neutral washroom.

At the University of Regina, the student association decided to raise the issue with senior administration after noticing the single-stall handicapped washrooms were always full — and not always with disabled students.

The University of Winnipeg says it's willing to change a few of its signs as early as this school year.

Debra Radi, chair of the board of regents, said no one has a sense of how many students use gender-neutral bathrooms, but the idea is worth considering if students are raising it.

"Currently students are not feeling safe going into either a male washroom or a female washroom so we obviously do need to create safe spaces where they feel comfortable accessing facilities on campus."

THE CANADIAN PRESS

ILLUSTRATION BY JENNA CUMBERS/FOR METRO

▶ The University of Winnipeg is considering putting up signs (although maybe not this one) for gender-neutral washrooms this year.

1 news

An Ottawa woman makes good on her promise to broadcast the birth of her child live on the Internet. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Protesters affiliated with the Occupy Wall Street movement tell Rupert Murdoch what they really think of him. Video at metronews.ca/video

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metrophotochallenge.com

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metro

There are things that only world's largest newspaper can do.

ELISHA DACEY/METRO

▶ No one was hurt in the fire on Stella Avenue.

Fire destroys garage, two cars

- Police suspect arson in Saturday-morning blaze
- One garage was reduced to charred ruins

ELISHA DACEY
@METRONEWS.CA

A possible arson Saturday morning has destroyed two vehicles and a garage.

Winnipeg police said the fire, which broke out at about 6:15 a.m. in the 800 block of Stella Avenue, spread to three garages and two vehicles parked nearby. The cars and one of the garages were destroyed, while the two other garages were heavily damaged by flames and smoke.

A restoration company was on the scene of the fire Sunday morning, hauling what appeared to be a number of household items out of one garage.

There was no immediate estimate of damage. The arson strike force is investigating. Anyone with information is asked to contact police at 986-6813 or call Crime Stoppers at 786-TIPS.

Missing teen back home

ASHLEY GABOURY/FOR METRO

▶ Shannon Buck, right, credits social media for the return of her daughter, Lauren Chopek, seen in the photograph.

Thanks to the power of the Internet, Lauren Chopek is safe at home.

Shannon Buck had not seen her daughter since she left for school on the morning of Oct. 6. When the 14-year-old didn't return home by curfew that night, Buck called police.

"I love her very, very much and I'm really worried about her," Buck said Thursday, before Lauren was found. "I just need her to come home, or at least call home and let me know where she is."

Buck said she had a lot of help from the community, in particular from local resident Shelley Cook. Cook manages the Missing Manitoba Women Facebook page, where pictures of Chopek were posted.

According to the site, Chopek has been found.

Police wouldn't say yesterday where Lauren had been or how she was found, but her mother credited the Facebook page.

Buck wrote on the page: "Lauren is home!!! My deepest gratitude to Shelley Cook, she was found because of the missing women page and the concern and persistence of this wonderful woman; to my sundance family and all my friends who prayed with us every day that she would be found and that she would be protected; to missingkids.ca for the hard work they did and their genuine concern for Lauren and our family; to the Winnipeg Police Missing Persons detective who listened to us and worked to find her; to Bernadette Smith for her support and help; and to all the strangers who posted her picture all over the world, Gichie Meegwech!!"

ELISHA DACEY/WITH FILES FROM ASHLEY GABOURY

Girls'. Night out

▶ Avril Lavigne turned on the star power for about 7,000 people, mostly girls under 12, at the MTS Centre Friday night. Despite the average age and the upbeat quasi-punk numbers Lavigne belted out, the crowd wasn't as hyper as might have been expected.

BRUCE FEDYCK/FOR METRO

Between a rock and a punk place

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Could this be just the beginning?

Many taking part in Occupy Canada movement brave crisp fall weather to camp out at parks

A day after kicking off their movement with loud voices and larger numbers, Canadians who gathered to decry corporate greed and social inequality spent yesterday nailing down their action plan for the coming week through long meetings with smaller groups.

By late yesterday afternoon the numbers of Occupy Canada participants had thinned, but many expected their ranks to swell today as the financial sectors they were protesting reopened.

"Today's going to be a major day for planning a large impact for Monday as a demonstration for (when) the stock exchange opens," said Niko Salassidis, 20, who set up the Occupy Toronto Facebook group.

"We plan to make a very large statement."

But Bryan Hyshka, 21, a volunteer at Edmonton's downtown camp site, added many of the protesters had to be at work today, so it was unclear how many would be available to continue the protest during the week. THE CANADIAN PRESS

No trouble yet

- The protests across Canada have been orderly so far, marked by cordial relations between police and demonstrators — a sharp contrast to the riots that erupted during last year's G20 demonstrations in Toronto and following Vancouver's Stanley Cup loss in June.

CLOCKWISE FROM LEFT: RYAN TAPLIN/METRO, JEFF MCINTOSH, CHRIS YOUNG, GEOFF HOWE/THE CANADIAN PRESS

▶ Protesters with the Occupy Nova Scotia rally at Halifax Grand Parade Square yesterday.

▶ Protesters hold signs during the Occupy Calgary protest Saturday.

▶ "Sonny" protests against "corporate greed" in Toronto's financial district on Saturday.

▶ Protesters dance outside the Vancouver Art Gallery during the Occupy Vancouver demonstration Saturday.

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News in brief

Torstar boosts stake in Metro

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Torstar CEO David Holland

Torstar Corp., the parent company of the Toronto Star, has boosted its interest in Metro, the free newspaper chain that publishes in cities across Canada.

Torstar announced Friday it has paid $51.5 million to increase its stake to 90 per cent in Free Daily News Group, which publishes Metro in Toronto, Vancouver, Ottawa, Calgary, Edmonton, Winnipeg and London, Ont. Under a separate joint venture with Transcontinental Media G.P., it also publishes in Halifax.

"We see this as a terrific opportunity to continue to build this growing, national franchise," said Torstar president and CEO David Holland in an interview.

Holland added the Metro papers, which have a combined daily readership of more than one million, complement the rest of Torstar's media assets including Star Media Group, Metroland and other digital properties.

"This is exciting news," said Bill McDonald, president of Metro English Canada. "Metro has carved a significant space in the national media landscape, and through the enhanced support of Torstar, our majority shareholder, we're looking forward to even greater growth."

TORSTAR NEWS SERVICE

Conquering Parliament Hill an uphill battle for RIM

Technology minister recently bought an iPad instead of homegrown tablet

Gaining ground in the Apple-dominated tablet computer market has been akin to pushing a rock up a mountain for Research in Motion.

And there's a hill they're at risk of dying on: Parliament Hill.

Political Ottawa remains addicted to RIM's signature BlackBerry smartphone, but when it comes to which tablet computers to adopt, Apple's iPad is the favoured son.

Conservative MP Peter Braid is one of the only MPs who uses RIM's Playbook instead.

It's an obvious choice, as Braid represents Waterloo, Ont., where RIM is based.

When BlackBerry service went down around the world last week, it wasn't just the company who felt the slap. Local residents, as well as Canadians across the country, take personal pride in the fact the device that even the U.S. president couldn't live without comes from Canada.

DAVE CHIDLEY/THE CANADIAN PRESS FILE PHOTO

▶ An employee holds a Blackberry Playbook tablet at the Research in Motion annual meeting in July.

Even in the wake of the service meltdown, Braid said, people still remain confident in the company.

And when it comes to the tablet, he's hoping to try to convert over more fellow parliamentarians.

In choosing the iPad over the Playbook, MPs are reflecting a larger trend.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
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Cuba 89.9 ¢/min	Pakistan 5.9 ¢/min	U.K 2.9 ¢/min
El Salvador 9.9 ¢/min	Philippines 11.9 ¢/min	Vietnam 4.9 ¢/min
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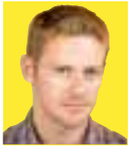


City council will debate a new garbage and recycling plan this week that could bring about the biggest changes to our waste-management system since the introduction of the blue box.

If the plan is approved, every homeowner will be provided with a garbage cart, which will standardize the citywide collection system and put a maximum limit on the amount that can be thrown out each week. Large recycling carts will replace blue boxes. Yard waste like grass and leaves will be picked up for composting seven months of the year, and the city will run a pilot project for curbside pickup of organic kitchen waste.

There's little question the improvements are needed. Currently Winnipeg has one of the worst environmental records in the country, with only 15 per cent of our waste going into the recycling stream instead of the landfill.

Unfortunately, the proposed method of funding those changes represents a wasted opportunity to encourage more people to reduce, reuse and recycle.

"City managers are recommending all homeowners be charged a new $50 annual fee, regardless of the amount of waste you produce. It won't matter if you throw one bag in your garbage cart each week or if you fill it to the top, the charge will be the same."

City managers are recommending all homeowners be charged a new $50 annual fee, regardless of the amount of waste you produce. It won't matter if you throw one bag in your garbage cart each week or if you fill it to the top, the charge will be the same.

In more progressive cities, like Toronto and Vancouver, they offer multiple cart sizes and charge user fees based on volume. The more garbage you throw out, the larger the cart you choose, the more you pay. In fact, Toronto even offers a rebate to homeowners that pick the smallest cart. That's right, the city pays people to make the responsible choice.

But under Winnipeg's new model, the only motivation for reducing the amount of waste you toss out will be a sense of "doing the right thing."

Unfortunately, that's the same motivation that got us to our current pitiful recycling rate.

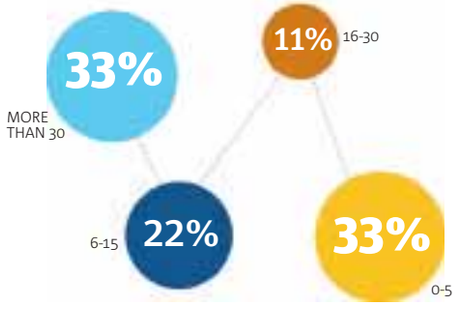
Making it easier for people to recycle or compost will help, but a pay-as-you-go payment model could be the spark to really change attitudes toward waste disposal.

The plan that council is reviewing this week offers a lot of improvements over the current system. It doesn't need to be trashed altogether, but the garbage-fee proposal should be sent back to the waste department to be up-cycled into something that will more effectively deliver the intended results.

Colin Fast is a corporate communicator who blogs about life in Winnipeg at policyfrog.com.

Panel
Register at metropolitanpanel.ca and take the quick poll

How many books do you read in an average year?



Local tweets

- **@AvrilLavigne:** Spending the day in Winnipeg before the show with my girlfriend from high school...so nice
- **@CarlThomas_NCI:** Where's the Win in Winnipeg?
- **@tanikachaboyer:** windy as f--- in winnipeg, blizzard in thompson. quit f---ing with me #mothernature
- **@eff_uman:** Congrats to team Canada for grabbing 6th place at hip hop international in Austria. Way to put Winnipeg on the map!
- **@meicheljets:** Beautiful sunrise in Winnipeg this morning reminding me how awesome it is to live in this great city! #gojetsgo
- **@FreeFlip:** Poor Winnipeg Jets man..... Hate their coach. The man talks like hes a fan during his off ice interviews not a coach!
- **@pghiconoclast:** All you need to know about the Winnipeg Jets right now summed up in one stat: Jim Slater is their leading goal scorer
- **@gmcphee1:** There are Many NHL games attended by 8-9 thousand people. Time for more relocation to Canada. Winnipeg fans gave Phoenix it's first sell-out.

Worth Mentioning

California's largest industry group for doctors is calling for the legalization of marijuana even as it maintains that the drug has few proven health benefits.

Trustees of the California Medical Association adopted the new stance at its annual meeting in Anaheim, according to a Los Angeles Times report.

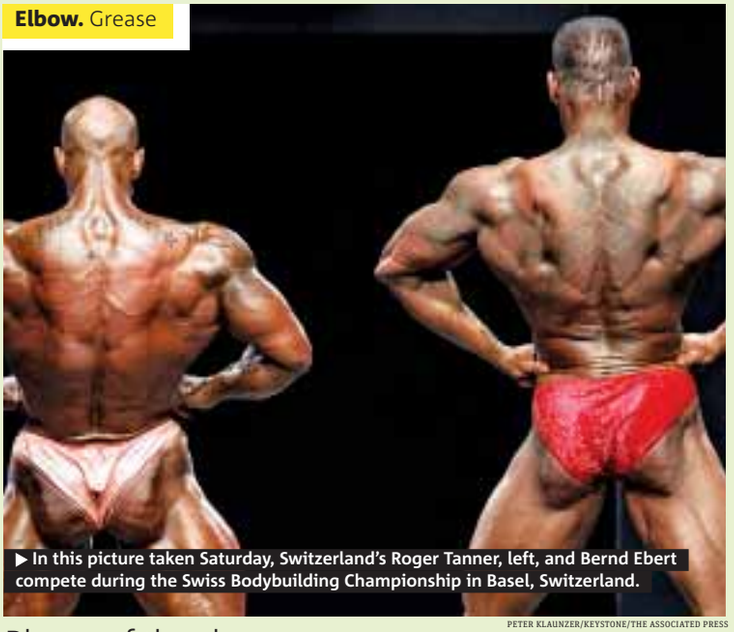
Dr. Donald Lyman, the physician who wrote the group's new policy, said doctors are increasingly frustrated by the state's medical marijuana law, which allows use with a doctor's recommendation. Physicians are put in the uncomfortable position of having to decide whether to recommend a drug that's illegal under federal law, Lyman said.

"It is an open question whether cannabis is useful or not," he told the newspaper. "That question can only be answered once it is legalized and more research is done."

The CMA acknowledges health risks associated with marijuana use and proposes regulation similar to alcohol and tobacco.

THE ASSOCIATED PRESS

Elbow. Grease



▶ In this picture taken Saturday, Switzerland's Roger Tanner, left, and Bernd Ebert compete during the Swiss Bodybuilding Championship in Basel, Switzerland.

PETER KLAUNZER/KEYSTONE/THE ASSOCIATED PRESS

Photo of the day

WEIRD NEWS

Don't throw yourself in my backyard

Hundreds of Toronto-area residents have signed a petition listing grievances with the Parachute School of Toronto including roaring noise, noxious fumes and rogue skydivers landing on their properties.

"If they wreck anything," says resident Paul Nicholls, "say they land in your Azaleas and destroy them, that's criminal trespass."

Recently, Nicholls went to Georgina town hall to present the petition, signed by 200 other aggravated Georginians, and lobby for change. A town-council report on the matter is expected early next week.

The school has been operating since 1974, though it used to run out of Arthur, Ont. In 2002, it relocated in Georgina — north of Toronto — to be closer to its Toronto customers. It runs from May to October, from 9 a.m. to sunset, five days a week, during which some thousand flights take place.

Of the 400 jumps conducted weekly, Adam Mabee, president of the parachute school, says just a couple of skydivers miss their target, the airport. The worst damage was to an awning and he paid the repairs.

TORSTAR NEWS SERVICE

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Gaga does Marilyn

Lady Gaga channels Marilyn Monroe at concert honouring Bill Clinton's foundation

Lady Gaga enjoyed her "first real Marilyn moment" with former President Bill Clinton.

The envelope-pushing pop superstar was one of several musicians who performed Saturday night at the Hollywood Bowl during a concert celebrating the 10th anniversary of Clinton's foundation, which has sought to improve global health, strengthen economies worldwide, promote healthier childhoods and protect the environment for the past decade.

"I always wanted to have one, and I was hoping that it didn't involve pills and a strand of pearls," Gaga joked.

Emerging from atop an all-white treehouse, Lady Gaga sported a wavy blonde 'do and red lips like Marilyn Monroe, who famously crooned Happy Birthday, Mr. President to President John F. Kennedy in 1962. Lady Gaga similarly serenaded Clinton and changed several of her lyrics to reference him, including swapping the title of Bad Romance for Bill Romance.

"I thought, 'My God. I get Lady Gaga, and I will have a heart attack celebrating my 65th birthday,'" Clinton later said.

Clinton, who turned 65 on Aug. 19 but celebrated his birthday at a posh Hollywood party Friday night, sat between wife Hillary and daughter Chelsea in the front row throughout Saturday's event at the outdoor venue set against the Hollywood Hills. Other famous attendees included Maria Bello, Ashton Kutcher, Jason Segel, Ellen DeGeneres, Colin Farrell and Chevy Chase.

GETTY IMAGES

▶ At a performance celebrating the 10th anniversary of Bill Clinton's foundation, Lady Gaga serenaded Clinton like Marilyn Monroe did to President John F. Kennedy in 1962.

"I am the only person in history who got to be President and then had a post-presidential birthday party attended by both Lady Gaga and the Secretary of State," Clinton joked on stage. "I want to thank Hillary because we met 40 years ago this year. When I met her, she was already doing the kind of work you see here long before it was cool."

Other performers included Motown legend Stevie Wonder, country star Kenny Chesney, Toronto rapper K'Naan, Colombian crooner Juanes and R&B singer Usher.

Usher kicked off his performance with a take on Joe Cocker's rendition of the Beatles classic With a Little Help From My Friends before launching into his hits Yeah and OMG. The R&B singer accidently split his pant legs while dancing to reveal his bare left leg. The wardrobe malfunction didn't stop Usher, who continued with his routine, telling the crowd: "I work hard."

Bono and The Edge of U2 closed the concert with a mostly acoustic set that included such tunes as Desire, One and Sunday Bloody Sunday, which Bono sang directly to Clinton.

The duo — who were accompanied by a string quartet and Edge's laptop — closed with Miss Sarajevo. Bono tackled the operatic part of the tune originally sung by the late Luciano Pavarotti.

Clinton himself is no stranger to performing. The saxophone-playing politician memorably belted out Heartbreak Hotel when he visited Arsenio Hall's show during his 1992 presidential campaign. Clinton didn't pick up the instrument Saturday night, despite a plea from Lady Gaga, who informed him: "I wish you were playing sax with me tonight, baby."

THE ASSOCIATED PRESS

$50 to $500

▶ Ticket prices for A Decade of Difference: A Concert Celebrating 10 Years of the William J. Clinton Foundation, which was streamed live on Yahoo.com, ranged from $50 to $550.

2 scene

Box office

The robot boxers of Real Steel and the dancers of Footloose are in a tight fight for the box-office title. Real Steel came in barely ahead of the remake Footloose, which opened with $16.1 million. The movies are close enough that they could switch rankings once final numbers are released today. Universal's horror update The Thing opened at No. 3 with $8.7 million.

THE ASSOCIATED PRESS

Low-rated Charlie's Angels' reboot grounded by ABC after just four airings.

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The death rattles of Ashton and Demi's marriage?

Moving truck spotted outside the couple's home Sources speculate that Ashton might me movin' out

Rumours of an impending split between Ashton Kutcher and Demi Moore jumped into overdrive late last week when a moving truck was seen pulling up to the couple's Los Angeles home, according to Us Weekly.

The moving company, Wetzel & Sons, would not divulge any information about the job.

While it's unclear which of the two might be vacating the premises, sources speculate Kutcher would be the one kicked to the curb.

"Demi is humiliated," a source says. "She loves him, but can't forgive him for the embarrassment he has caused." METRO

ALL PHOTOS GETTY IMAGES

▶ Demi Moore and Ashton Kutcher

Celebrity tweets

@andersoncooper

"Doing some work on the day-time show, and went to jury duty."

@AlbertBrooks

"Nothing against Zsa Zsa Gabor but she is single-handledly bringing down Medicare."

@EllenBarkin

"This twitter s--- is really the medium for me. I'm as f---in' shallow as 140 characters."

@kevinbacon

"Just saw a TV ad for FLoose. Marketing a remake by putting down the orig? A bit lame dont ya think?"

I'm straight, Taylor Lautner tells Aussie GQ

Taylor Lautner is going on the record about his sexuality after being quizzed by the Australian edition of GQ about a recent night out with director Gus Van Sant and writer Dustin Lance Black, both of whom are openly gay.

When asked if either of the men hit on him, Lautner said, "No, definitely not. I think they know I'm straight."

The 19-year-old Twilight star said that the meeting was all business.

"It's not a coincidence that there was a writer, a director and an actor at dinner." METRO

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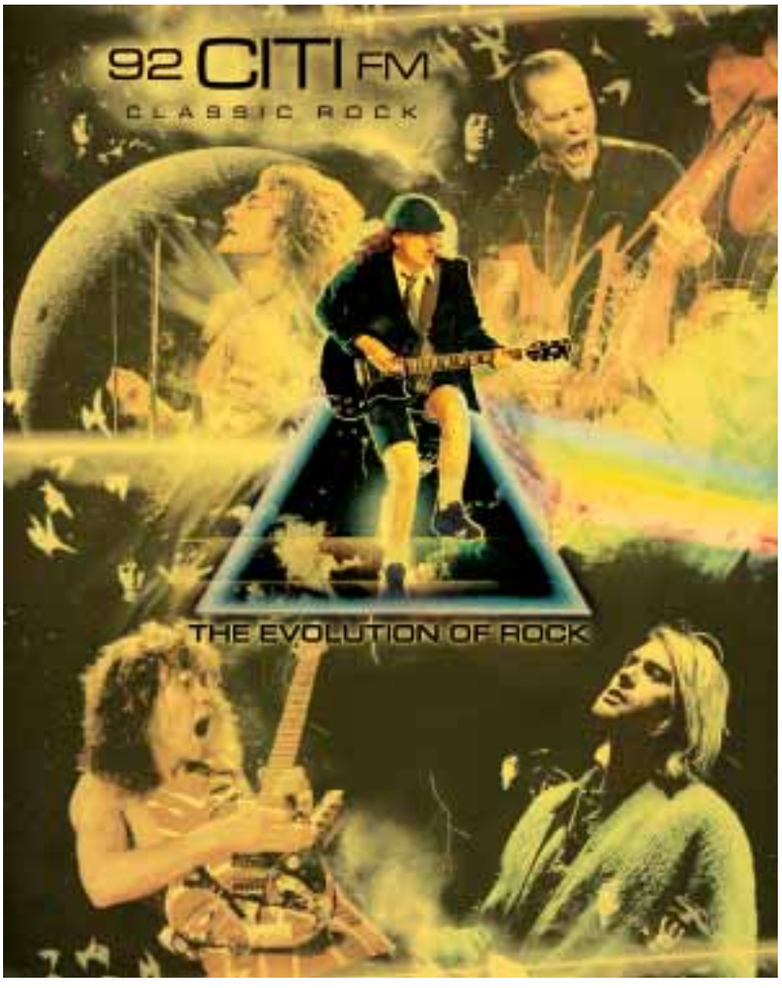


▶ It's cute now but wait until she's 45.

Sucking – sucks?

A thumb or pacifier may bring peace to your household but what are the implications?

EMMA E. FORREST
LIFE@METRONEWS.CA
METRO WORLD NEWS

You've swaddled and shushed, but your baby's still howling. So you reach for a pacifier, or encourage thumb sucking. Is this OK?

Thumb versus pacifier use is an issue that divides parents. Thumb sucking is a natural behaviour. Children have been observed thumb sucking in the womb. Pacifier proponents believe keeping your baby calm when he or she is crying for no reason is better for psychological wellbeing.

There are genuine positives: Pacifier use is believed to reduce the prevalence of Sudden Infant Death Syndrome. You can also control when your baby uses it (which you can't do with a thumb) and when it's time to end non-nutritive sucking (NNS) — as it's termed — a pacifier can be thrown out.

The downside is that if your baby becomes dependent on it, you'll be up throughout the night to pop it back in. Later, it becomes a barrier to speech.

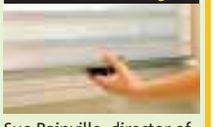
So while this sanity-saver seems like a good option, NNS can have implications for growth. "The greater the amount of time during the day that the child engages in non-nutritive sucking, the greater the forces that the growing bones and associated soft tissues will be exposed to," explains Dr. Sarah Hulland, a paediatric dentist. "In turn (this) can cause a change in the relationship of the oro-motor complex, so how the mouth is shaped, how the dentition inter-relates, how the lips can close, how the tongue behaves in the mouth (can be affected)."

Hulland warns that soother sucking should be limited to settling your baby. "Sucking on soothers can lead to significant restructuring of the oro-facial complex, which usually manifests itself as an open bite where the front teeth don't meet. This can lead to difficulties closing the lips and a tongue thrust."

In response, pacifier producers are creating more ergonomic soothers. But getting kids to stop can be tricky. "The easiest way to stop pacifier sucking is to keep soother-access to essential-use only," explains Hulland. "And for thumb suckers, remove thumb from a child's mouth or replace it with an alternative comforter."

3 life

Child safety



Sue Rainville, director of marketing for window fashions manufacturer Hunter Douglas, offers tips to make your home safe.

- Use window guards on all windows above the first floor. Screens aren't strong enough to stop falls.
- To keep windows open for ventilation, install locks that limit the opening's size.
- For sliding glass doors, apply bright stickers to alert kids to the presence of glass.

NEWS CANADA

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Wow-provoking dinner starters

Bruschetta can tingle the taste buds when given a modern California twist ◗ Seared Shrimp Tortilla Bites add a hint of sweetness with mango

Seared Shrimp Tortilla Bites

Nothing beats an appetizer that looks fancy and doesn't require a whole lot of work. Large shrimp size varies so the yield may vary slightly. If mango is out of season, you could try fresh pineapple or, in a pinch, frozen mango.

NEWS CANADA

▶ This recipe makes 24 bites.

Preparation:

1. If using frozen shrimp, thaw and pat dry well. Discard tail shell, if still on. Heat oil in a large frying pan over medium-high heat. Add shrimp, garlic and salt. Stir-fry until shrimp is pink, about 4 minutes. Toss with coriander. Refrigerate to cool or cover and refrigerate overnight.

2. Stir peanut butter with lime juice, hot sauce, soy sauce, ginger and garlic. Stir in a little water if needed until a thick sauce-like consistency. Sauce can be made a couple of days in advance then covered and refrigerated.

3. Peel mango and cut fruit from pit. Dice into 1/2-inch (1.5 cm) pieces. Just before serving, assemble bites. Spoon about 1 to 1-1/2 tsp (5 to 7 mL) peanut sauce into tortilla scoop. Top with a shrimp, mango piece and coriander leaf if using. Repeat with remaining shrimp. You may have a bit of sauce left-over depending on the number of shrimp you have. **NEWS CANADA/ PEANUT BUREAU**

Ingredients:

- 1 lb (500 g) large peeled uncooked shrimp (about 24)
- 4 tsp (20 mL) olive or peanut oil
- 2 thinly sliced garlic cloves
- Pinches salt
- 2 tbsp (30 mL) chopped coriander

Peanut sauce

- 1/3 cup (75 mL) peanut butter
- 2 tbsp (30 mL) lime juice
- 2 to 3 tsp (10 to 15 mL) hot sauce
- 1 tbsp (15 mL) soy sauce
- 2 tsp (10 mL) finely grated peeled ginger
- 1 large garlic clove, minced
- 1 ripe but firm mango
- 24 mini scoop shaped tortilla chips
- Garnish: small coriander leaves (optional)

Rose Reisman's Swap It

It's never easy to know which is healthier: a lasagna or spaghetti with a rich meat sauce. In this case, the lasagna comes in at almost double the calories and two and a half times the fat.

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NEWS CANADA

▶ This recipe makes 24 pieces.

Bruschetta with Smoked Chicken and Grapes

Typically made with a tomato mixture as its topping, this bruschetta instead uses smoked chicken and grapes.

Preparation:

1. Pre-heat oven broiler.

2. In a small bowl combine garlic, olive oil and salt. Set aside.

3. Slice baguette into 1/2-inch (1.5 cm) thick slices. Brush baguette slices with garlic oil and place on cookie sheet. Toast in broiler about 1-2 minutes on each side until golden brown. Remove from broiler. Bread should be crisp on the outside, but still soft in the centre. On each slice of bread place about 1 tbsp (15 mL) chicken breast and 3 grape halves, then top with 2 tbsp (25 mL) grated cheese.

4. Place cookie sheet about 8 inches away from broiler and broil for 2-3 minutes until cheese is melted and bubbly. Place on serving platter and sprinkle with snipped chives and pepper. Makes 24 pieces. **NEWS CANADA**

Ingredients:

- 3 cloves minced garlic
- 1/2 cup extra virgin olive oil (125 mL)
- 1/4 tsp salt (1 mL)
- 1 French bread baguette
- 8 oz smoked chicken breast (250 g), either shredded or cut into bite-size strips
- 12 oz grated Fontina, Port Salute, or Monterey Jack cheese (375 g)
- 1 1/2 cups red, green or blue-black halved California seedless grapes (375 mL)
- 1 tbsp snipped chives (15 mL)
- 1/2 tsp freshly ground black pepper (2 mL)

Let the money rain down

Turn your humble rain barrel into a cash saving device Conserving your water has never been easier

BEN KNIGHT
LIFE@METRONEWS.CA

ISTOCK PHOTOS

▶ Turn your traditional rain barrel into cash.

Drip by drip, drop by drop, water is getting more expensive. It's tempting to wonder, sometimes, why we are paying so much for something that regularly falls out of the sky for free.

Not that purification, pumps and infrastructure aren't hugely important. But aren't there ways to use all that water that simply hits your house anyway?

Yes, and so we turn to the humble rain barrel.

"Catching rain water for your garden is fun," says Bob Burgess, principal of Gulf Islands Rainwater Connection Ltd. on Thetis Island, B.C.

"And it gives you the best possible water for your garden."

A simple, low-tech device can fill up 10 to 15 times in a typical Canadian year.

The water's not drinkable, but it's cheaper — and cleaner — for lawns, gardens and plants than the more expensive treated water that gushes from your hose or sprinkler.

And if you feel like investing in a more complex system, rain water can also be used indoors.

"The building code — now — allows it to be used for toilets without purification," Burgess says.

"That's a nice way to save money — and water — 12 months a year."

That requires a tank, underground in most of Canada, where it can be protected from freezing.

"The underground tanks are more expensive. You're probably spending $2,000 on the tank, and another $1,000 on the pump. By and large, you're looking at more like $4,000 to $5,000. And that depends on how easy it is. If it's a brand new house, it would be really easy."

Potable water systems are available, converting rain into drinking water. But they run in the $25,000 to $35,000 cost range — far more than most Canadians would ever be willing to spend.

But there's an easier, cheaper side to this. Just the simple act of putting a rain barrel under your downspout heightens awareness of water conservation, making it easier to find other effective, every-day ways of cutting consumption.

"That's exactly the idea of the rain barrel, is that it gets people interested," Burgess says.

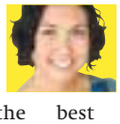
"Here's a line: It's raining, it's pouring, the wise man is storing."

IMPROVE YOUR AIR QUALITY

What kinds of plants improve the air quality? *Jeremy of Toronto*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



ISTOCK PHOTOS

▶ Improve your air quality with plants.

Believe it or not, NASA created a list of the best air-filtering plants. Decorate your home or office with a combination of spider plants, peace lilies, snake plants (a.k.a. mother-in-law's tongue), elephant ears, weeping figs, rubber plants or bamboo palms (a.k.a. reed palm).

All of these are some of the most popular house plants, so they'll be easy to find, and they're also easy to care for.

Back in the 1980s, NASA did a study to look at which plants were best able to filter the air of the space station.

Back in the 1980s, NASA did a study to look at which plants were best able to filter the air of the space station.

And if it's good enough for the space station...

And you don't have to be an astronaut to know that plants produce oxygen. But what you might not realize is that indoor plants can also absorb contaminants like benzene and formaldehyde (a known carcinogen).

Dr. B.C Wolverton's research also showed that plant-filtered rooms have 50 to 60 per cent less airborne microbes, like mold spores and bacteria.

Get rid of any fake, silk plants — they only collect dust — and harness the environment's natural ability to clean itself. You can also check the library for a more exhaustive list in Wolverton's book, How to Grow Fresh Air: 50 Houseplants That Purify Your Home or Office.

David Suzuki Foundation

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Pursuit of success was no cakewalk

Rosalind Chan's turning point came when she traded in her corporate cubicle for a career as a cake artisan

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

Rosalind Chan is an international superstar in the cake decorating world.

As a new immigrant from Malaysia she gave up a corporate career in Canada to go after her passion for cake artistry full-time. To give up her big salary and start her own company was a hard step to take.

"I'd worked all my life and to suddenly not have a salary or a job was nerve-racking for me."

Chan went back to Malaysia and started a cake decorating teaching centre that quickly grew to two locations.

"Today we have one of the biggest cake decorating institutes and training centres in Malaysia."

On the heels of her success she opened her Canadian shop called Sugar Tiers in Markham, Ont., and was thrilled to be inducted into the Wilton Cake Decorating Hall of Fame.

"I want to expand in Canada and branch out to more countries. I want to share my passion and give back to society by teaching in women's shelters. But my biggest goal is to write my first book."

For Rosalind Chan, that will be the icing on the cake.

A piece of cake

Interested in getting into cake decorating? Rosalind says:

- Go to well known and relevant schools.
- Get an internship and work with the best.
- Take additional courses to build up your skill level.
- Social media — hit the websites and food blogs to introduce yourself to the market.

SUBMITTED

▶ Rosalind Chan is the owner of one of the biggest cake decorating institutes in Malaysia and has recently expanded her business to Canada.

Sweet success

Rosalind Chan's international accomplishments

- Wilton Hall of Fame
- First Canadian and Asian to become a Certified Master Sugar Artist
- First Asian to be recruited onto international Wilton Training Team
- First Asian to be awarded International Teacher of the Year Award

Could Facebook make or break a hire?

You're aware that certain online content could harm your search But could some postings actually help?

CASSANDRA GARRISON
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

It's no secret that your social networking site can be your own worst enemy. However, Reppler, a company that will get rid of all the dirt in your profile for you, conducted a survey that shows just how influential your social networking sites really are when job searching.

A whopping 91 per cent of employers will check out your social networking sites during the hiring process and about 47 per cent will get right to it as soon as you turn in an application. The most frequently checked sites are Facebook, Twitter and LinkedIn.

An alarming 69 per cent of those employers have actually rejected a job candidate because of something they saw on their social networking site.

The main reasons those candidates got rejected were because they lied about their qualifications, posted inappropriate photos (no surprise there), demonstrated poor communication skills (we know you only get 140 characters, but use punctuation!), posted negative comments about a previous employer or just posted inappropriate comments.

Now, the good news is that your profile can also work in your favour if an employer likes what he or she sees. 68 per cent actually reported hiring someone because of what they saw on a profile.

ISTOCK

▶ Facebook, Twitter and LinkedIn are the top three sites checked by employers, according to Reppler.

The main reasons those lucky social networkers landed a job is because they gave a positive impression of their personality or organizational fit, their profile supported their professional qualifications or their profile showed they were creative.

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Still 'prepared' 100 years later

Recruitment and retention rates rising at Scouts Canada, organization says
Modern updates are to thank

Scouts Canada insists it is attuned to the younger generation, despite being an organization that has been around longer than most of its members' grandparents.

The international youth group, established in 1907, is legendary for its merit badges, commitment to the outdoors, and leadership building. But despite its long history and deep-rooted traditions, it has been working to stay relevant to the times by making its activities co-ed, updating its uniforms and incorporating technology.

Although most members join at a young age and eventually lose interest after a few years, an increasing percentage is staying committed and involved long into adulthood. Steve Kent, chief commissioner of Scouts Canada, said recruitment and retention rates have gone up in recent years.

"It's become a way of life," said the 33-year-old, who started with the organization as a cub in 1984 and is the youngest person to hold his current title in Canadian history. "I wouldn't be who I am today, I wouldn't be where I am today if it wasn't for Scouts."

ISTOCK

▶ The compass remains a key accessory of Scout life but modern devices have also been incorporated into environmental programming, such as GPS tracking systems.

Up until three years ago, membership was on the decline. It had last peaked in the 1960s at around 320,000. Then in late 2008, it bottomed out at about 97,000 members, the organization said.

Numbers started to turn around in 2009 and since then, Scouting in Canada has grown steadily for the first time in three decades.

This is in part a result of a task force action plan launched to modernize the organization. Its mandate includes getting more young people involved with internal leadership positions, making it easier to volunteer and providing more resources. The curriculum has also been updated.

"It's become a way of life. I wouldn't be who I am today. I wouldn't be where I am today if it wasn't for Scouts."
STEVE KENT, CHIEF COMMISSIONER OF SCOUTS CANADA

"While you're still able to learn map and compass, we also do orienteering and geocaching with GPS," said Kent, who lives in Mount Pearl, N.L.

Kent said the average child between the ages of four and 14 in Canada spends 44 hours a week in front of a screen device like a computer or iPad. Scouts Canada aims to help build a valuable relationship between its members and the outdoors.

"We were the original environmentalist," said Kent. "Long before it was cool or trendy to go green, scouts were planting trees and engaged in other environmental projects."

For 16-year-old Hannah Ridgeway, the biggest appeal of being a scout is the friendships she's fostered through the organization.

"I have best friends who I've know for five years who I have strong relationships with that will last forever," she said from Calgary. "Being able to hang out with them outside of school and go camping; it's just a different way of getting to know people."
THE CANADIAN PRESS

Stylish Scout

Esthetically, the organization has also updated its iconic beige uniforms.

In March, Canadian fashion retailer Joe Fresh redesigned the outfits, which still include a neckerchief and button down shirts.

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4 sports

Hoping for another chance

Tigers say they can contend again next year after being eliminated by Rangers in ALCS

Moments after the Detroit Tigers were eliminated from the AL championship series, Alex Avila was already looking forward to the future.

The Detroit catcher figures his team will have every opportunity to return to the playoffs next year. The Tigers won the AL Central by 15 games this season and have a nucleus that includes Justin Verlander, Miguel Cabrera and a number of other key contributors who are expected back in 2012.

"We've got a good core of guys," Avila said. "The starting rotation is good. There are a lot of young guys who've got good experience from this season. Our team is set up well for next year."

Detroit beat the New York Yankees in the division series before falling to Texas in the ALCS, unable to contain the Rangers in a 15-5 loss in the clinching Game 6 on Saturday night.

The Tigers were built to contend this season, and new additions Victor Martinez and Joaquin Benoit made valuable contributions. Detroit pulled away in the AL Central with a 12-game September winning streak. Verlander won 24 games and could take both the Cy Young and MVP awards. Cabrera won the batting title.

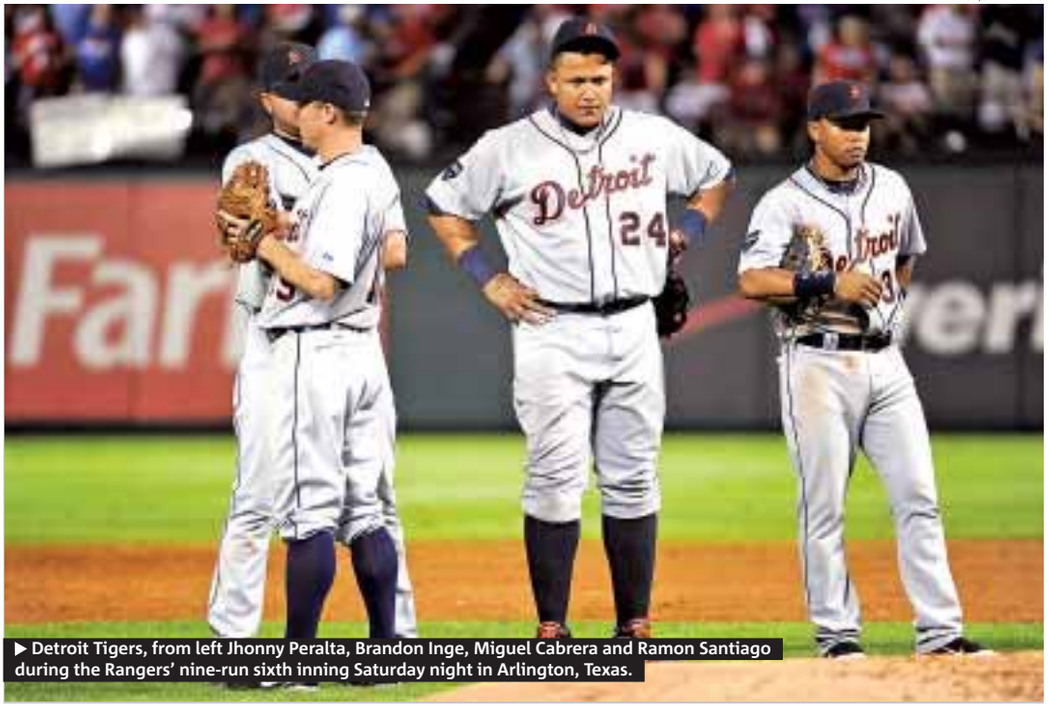
It was Detroit's first division title since winning the AL East in 1987, but the Tigers couldn't quite match their post-season success of 2006, when they went all the way to the World Series as a wild card.

"This team gave every single thing they had, every ounce of energy. I just couldn't be prouder of them," manager Jim Leyland said.

Verlander led the AL in wins, ERA and strikeouts, and Cabrera hit .344 with 30 homers and 105 RBIs. Martinez, the team's new designated hitter, hit a career-high .330 and drove in 103 runs.

Closer Jose Valverde didn't blow a save opportunity all year.

HARRY HOW/GETTY IMAGES



▶ Detroit Tigers, from left Jhonny Peralta, Brandon Inge, Miguel Cabrera and Ramon Santiago during the Rangers' nine-run sixth inning Saturday night in Arlington, Texas.

"I'm not going into the off-season disappointed at all."
TIGERS MANAGER JIM LEYLAND

With Verlander, Cabrera and a talented young rotation, Detroit should be able to contend for a post-season spot again next year.

On the way out?

The Tigers will have a few decisions to make.

- Outfielder Magglio Ordonez and second baseman Carlos Guillen made a combined $23 million US this season, but neither was healthy enough to contribute much and it's possible they won't return to the team.

Avila was perhaps the team's most encouraging surprise this year, hitting .295 with 19 homers during the regular season. He struggled during the playoffs while playing hurt, highlighting the need for Detroit to carry a dependable backup catcher who can allow Avila to rest on occasion.

"It was tough and we had a long grind," Leyland said. "Unfortunately, we have a long time to rest up, about 10 days or so more than I would have liked, but we'll come back to spring training and get back to work."
THE ASSOCIATED PRESS

Quoted

"I had cheers throughout the whole course, it was pretty special being out there, I felt like I had a lot of support from everyone. It was very motivating."
VANCOUVER'S LAURA BROWN AFTER WINNING A CYCLING BRONZE MEDAL AT THE PAN AMERICAN GAMES IN MEXICO ON SATURDAY. THE 24-YEAR-OLD COVERED THE 20-KILOMETRE COURSE THAT LOOPED AROUND GUADALAJARA IN 28 MINUTES 24 SECONDS.

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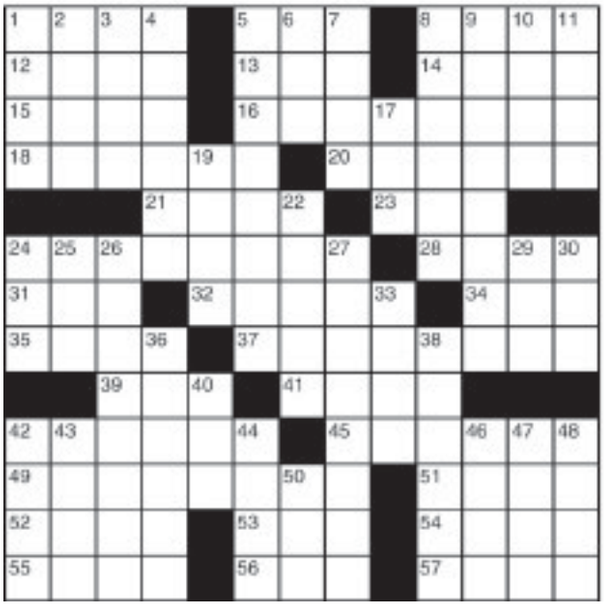
Crossword



Across

1 Bath powder
5 Snip
8 Corned beef recipe
12 Eye layer
13 — shoestring
14 Inner (Pref.)
15 Super Bowl party quaff
16 Western-most Great Lake
18 Apprehend
20 Puts one's foot down
21 Hebrew month
23 Vast expanse
24 Diana Ross' backup
28 Remain
31 Bobby of hockey lore
32 Sample recordings
34 Individual
35 Appear
37 Endorses
39 Dawn goddess
41 Comic Caroline
42 Deodorant site
45 More gross
49 Stuff you need
51 Money of Lesotho
52 Initial stake
53 "To be or — ..."
54 Greek vowels
55 Nuisance
56 Type measures
57 Harvard rival

Down

1 Oompah instrument
2 State with conviction
3 Lecherous look
4 Life's work
5 Halloween outfits
6 Burma's first prime minister
7 Reveille's opposite
8 Medal earners
9 Disney employee
10 Halt
11 — d'oeuvre
17 Aliens, for short
19 Coaster
22 Madagascar primate
24 "Help!"
25 Suffix with press or fail
26 Replaces in the TV lineup
27 Those with faulty logic
29 Pismire
30 "Of course"
33 Detail, for short
36 Youngster
38 "Annie Get Your Gun" role
40 Part of RSVP
42 Pronto, on a memo
43 Mysterious character
44 Fork prong
46 Tittle
47 And others (Lat.)
48 Go up
50 Eternity

▶ Friday's answer

Sudoku

3			1	7	4			6
	4				6	8		
				2				
9		8					1	
	2	6				5	3	
	5					9		4
				8				
		1	5				7	
5			2	4	7			9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

5	8	9	3	2	7	4	6	1
2	1	7	4	6	8	9	3	5
3	4	6	1	5	9	7	2	8
1	2	8	9	4	3	5	7	6
9	3	5	7	1	6	2	8	4
6	7	4	2	8	5	1	9	3
8	9	2	5	3	4	6	1	7
4	6	1	8	7	2	3	5	9
7	5	3	6	9	1	8	4	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Lost Angel
This Sunday marks the beginning of our third month together, and what an emotional rollercoaster it has been! Angel, I wouldn't take a minute back. Every morning that we share, every sunrise, every second that I can steal with you makes my life better. Every time you cross my mind, I am reminded how lucky I am. Je t'adore mon amour! You truly are, my everything.
CRAZY <4 U!

andy
hey andikins I know weve only been together for a short period of time but I just wanna say tht I will always be there, if u need someone or if U need a gr8t big Hug just bbm me and I'll be there.
NIKS

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 6°	Min 2°	Min 2°
Max 8°	Max 9°	Max 8°

BT BREAKFAST TELEVISION

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Life is a great adventure or it is nothing, so get out there and make your mark on the world.

♉ Taurus April 21-May 21 Start thinking now about ways you can make the second half better than the first.

♊ Gemini May 22-June 21 There is no limit to what you can accomplish, so don't limit your vision.

♋ Cancer June 22-July 22 You have wasted enough emotional and intellectual energy on senseless disputes.

♌ Leo July 23-Aug.23 You seem to have missed out on a promising opportunity, simply because you were too stubborn to admit that someone else's idea was better than your own.

♍ Virgo Aug. 24- Sept. 22 Stand up for what you believe in and don't let anyone, no matter how powerful, tell you that you have no right to your own opinions.

♎ Libra Sept. 23-Oct. 23 The Sun remains in your birth sign only until next weekend, so make the most of the next few days.

♏ Scorpio Oct. 24-Nov. 22 Recent events have been anything but easy and there will be more challenges over the next few days,

♐ Sagittarius Nov. 23-Dec. 21 You cannot change other people, you can only live well and be a good example.

♑ Capricorn Dec. 22-Jan. 20 Make a special effort today to put some distance between yourself and a group of people who have clearly misled you

♒ Aquarius Jan. 21-Feb. 18 There is still time to make your mark.

♓ Pisces Feb. 19-March 20. Don't listen to other people, listen to your heart. **SALLY BROMPTON**

Caption contest

CHARLES REX ARBOGAST/ THE ASSOCIATED PRESS

NATHAN DENETTE/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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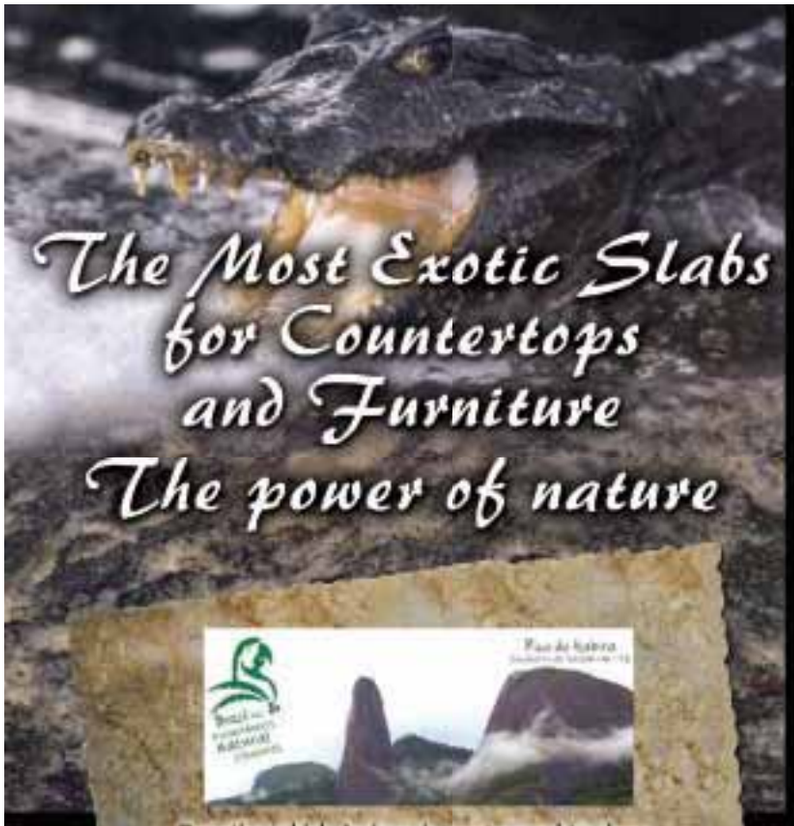

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